GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

How to Save Electrical Energy

With the zero and below temperatures and the possibility of electrical supply curtailment all of us are searching for ways we can do our share to conserve energy.

The times of day when the demand is greatest for electrical energy are from 7 - 9:30 a.m. and 5:30 - 8:00 p.m.

Early in the morning people are waking and setting their thermostats up plus using hot water for baths, dishwashing and laundry. This is also the situation in the early evening hours. People are preparing the evening meal and the working homemaker is putting her appliances to work for her.

Some ways that each of us can help the electrical shortage situation are:

1. Keep all unnecessary lights off in our home. We think we can't do with less, but we are much wiser to do with less than not to have at all.

2. Keep your thermostats to the lowest possible comfortable temperature.

3. Make sure the filter in your forced-air heating system is clean and checked each month.

4. Dust or vacuum radiators and other heat units. The cleaner they are, the more efficiently they function.

5. Keep draperies and shades open in sunny windows; close them at night.

6. Be sure your dishwasher is full, but not overloaded, before you turn it on. An average dishwasher uses 14 gallons of hot water per load. If every dishwasher user in the country cut out one load a week, the country could save the equivalent of about 9,000 barrels of oil each day. Think of how many homes this would heat.

7. Let your dishes air dry. After the final rinse, turn off the control knob of the dishwasher and open the door.

8. Use flat bottom pans that cover the burner heating element. More heat enters the pot and less is lost to the surrounding air.

9. Clean heat reflectors below the stove heating elements -- they will reflect the heat better.

10. Use pressure cookers. They save energy by reducing cooking time.

11. Use your oven for an entire meal. When you need to use your oven for part of a meal, plan and do the entire meal in the oven.

12. Wash clothes in warm or cold water. Always rinse in cold water. You'll save energy and money. Unless your clothes are greasy or grimmy dirty, cold water will do the job just as efficiently as warm or hot. (This has been thoroughly tested and proven.) If everyone washed clothes in cold water, national fuel savings would amount to the equivalent of about 100,000 barrels of oil a day.

13. Fill clothes washers (unless they have small-load attachments or variable water levels) and dryers, but do not overload them.

14. Remove clothes from the dryer as soon as they are dry. Extra running time is pure waste.

15. Take more showers than tub baths. Showers use less hot water, hence less energy than bath tubs.

If everyone will follow some of these conservation suggestions listed above the energy situation will improve. People are no longer conserving just to save money, but are now conserving to save energy so we will continue to have this energy to use.

Please make every effort to be conservation - minded and help use wisely and conservatively our energy supply.

RECIPE OF THE WEEK
FRENCH BREAD
Makes 4 loaves

7 to 8 cups unsifted flour
1 teaspoon sugar
1 tablespoon salt
3 pkgs. Active Dry Yeast
3 tablespoons softened margarine
2½ cups very warm tap water (120 degrees F. - 130 degrees F.)
Corn meal
Peanut Oil
1 egg white, beaten
1 tablespoon cold water
Toasted Seame Seed

In a large bowl thoroughly mix 2½ cups flour, sugar, salt, and undissolved Active Dry Yeast. Add margarine.

Gradually add tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead a few times to form a ball.

Divide into 4 pieces. Roll each into a 15 x 8-inch oblong. Roll up tightly as for Jelly Roll. Place on greased baking sheet sprinkled with corn meal. Brush with oil. Cover tightly with plastic wrap. Freeze until firm. Remove from baking sheet and wrap each with plastic wrap. Keep frozen up to 6 weeks.

Remove from freezer; place on ungreased baking sheets, corn meal side down. Let stand, covered with plastic wrap, at room temperature until fully thawed, about 1 hour and 45 minutes. Let rise in warm place, free from draft, until more than doubled in bulk, about 1 hour and 15 minutes.

Gently brush with combined egg white and cold water. Sprinkle with sesame seed. Bake at 450 degrees F. 20 to 25 minutes, or until done. Remove from baking sheets and cool on

GIRL SCOUTS ATTENDING THE PRESIDENTIAL INAUGURATION were Cindy O'Brien, Donna Robinson, Denise McCormiek, Lisa Rogers Kim Hancock, Becky Bass, Mr. Frank, Kevin Armentrout, Kinkle Robinson, Mrs. Walton, Mr. McCormiek, Miss Barksdale, Mrs. Clark, Sandra Reynolds, Mrs. Robinson, Wendy Gagneur, Teresa Bass, Helen Coleman, Sandy Walton, Donna Martin, JoAnn Wooding, Cindy Covington, Cindy Clark, Brenda Coleman, Mrs. Armentrout, and Mrs. Frank. One girl is missing from the picture - that would be the photographer, Jan Armentrout.

GIRL SCOUTS VISITING CONGRESSMAN DAN DANIEL, shown in photo above, are Kinkle Robinson, Cindy Covington, Cindy Clark, Cindy O'Brien, Wendy Gagneur, and the Congressman.

The Green Is Being Seen

If you think scounting is not for you, give it a second thought. You should have been with the Juniors and Cadetts January 20 and 21 when they had an action-packed two days in Washington, D.C. for the inauguration of our 39th President of the U.S.

Our trip began on Thursday morning at 6 a.m. from the Memorial Methodist Church going on to Arlington, Va., arriving at 11 a.m. at the home of Mr. and Mrs. John W. Frank where we would be staying for the night. From here the girls motored to Washington by bus arriving at 12 noon for the swearing-in of President Carter and attending the parade where they got to see President Carter from about 20 feet.

They were identified by their banner and NBC TV announced that they were at the parade.

It was a very cold day, but being good Scouts and prepared by their camping experiences they enjoyed the day with great enthusiasm. The girls returned to Arlington by bus about 5:30 p.m. having dinner and going back to Washington night they toured the monuments with the help of Mr.

Dieters' Loss Totals 154 Lbs.

During the first week on the "Conway Diet" twenty-three class members of the Diet Institute lost a total of 154½ pounds, total weight of one person of moderate height and weight.

Two conway dieters lost 11½ pounds each on their first week on the new program. Meeting each Wednesday evening at 7 at the Fidelity Branch Bank, Appomattox, the Conway Institute members compare weight losses, discuss recipe and meal ideas, and learn through a weekly seminar some of the causes of their excess weight and how to attain an ideal weight and maintain it throughout life.

Any Conway Institute member who loses twenty pounds or more may wear a silver pin, and additional awards will be presented as the classes continue.

For the class members, there

Frank.

On Friday morning they arose at 7 p.m. had breakfast with the Frank's, packed up, returned to Washington at 9:30 with an invitation from our Congressman, Dan Daniels, to visit his office. This was a great experience. All of the girls got to tour the office, ask questions and get Mr. Daniel's autograph.

From here Mr. W. Fred Fletcher, administrative assistant in the office, took us on a tour of the Capitol. At 1:30 they left Washington for the return trip home.

At this time I would like t thank all of the people wh made this trip possible: Mrs Ellen Armentrout, leader o Troop 322, whose parents ar Mr. and Mrs. Frank, whom we stayed with, Miss Delane Barksdale, leader of Troop 31, Cadetts. They both worked very hard to get transportation for this trip, without the parents and conerned citizens of our community we could not have gone. Special thanks goes to Mr. and Mrs. Richard Robinson for the use of their truck, other parents who went along and furnished transportation were Mr. Irvin McCormick, Mrs. Armentrout, Mrs. Ann Robinson, Mrs. Peggy Clark, Mrs. Betty Jane Walton. Again let's say Thanks to Mrs. Armentrout and Miss Barksdale for being such good leaders.

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APPOMATTOX, VA.

VIRGINIA FIBRE REPORTS WOOD PURCHASES FOR WEEK

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending January 16, 1977. Purchases are listed by counties.

Albermale	$ 783.78
Amelia	167.04
Amherst	2,008.35
Appomattox	4,601.53
Augusta	379.58
Bedford County	5,117.05
Buckingham	557.81
Campbell	660.23
Charlotte	1,142.68
Cumberland	2,180.90
Goochland	
Nelson	2,826.89
New Kent	925.40
Pittsylvania	1,405.91
Prince Edward	1,132.00

We feel the above information is of interest to the citizens of this county and of surrounding counties.

1-20-tf

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TOWNE COUPE - Silver W/Black Vinyl Top - Red Cloth Trim - 5 Speed Transmission - Air Conditioned

1976 Monte Carlo
LANDAU - AM Radio W/Stereo Tape - Bucket Seats - Fully Loaded - Beautiful - Blue and White

1975 Monte Carlo
LANDAU - AM/FM Radio - 400 4BBL - V-8 Engine - Fully Loaded - Heavy Duty Suspension - Firethorn Mettallic - Firethorn Vinyl Roof - White Seats

1975 Monte Carlo
LANDAU COUPE - Mahogany W/Black Vinyl Top - Cloth Trim in Mahogany - AM/FM Radio - New Radial Tires

1974 Impala
4 Door Sedan - Very Low Mileage - Vinyl Top in Dark Brown - Buckskin Vinyl Trim - Brown Metallic in Color

1974 Caprice
CLASSIC COUPE - Fully Loaded - Beautiful White and Mahogany Trim W/Matching Vinyl Top

1973 Nova
SS - Bucket Seats - Automatic Shift in Floor W/Console - Green

1972 Impala
4 Door - Green Vinyl Roof - Vinyl Trim - One Owner

CHARLES THOMAS MOSES CONGRATULATES TOM PANKEY, NEW CAR SALES MANAGER.

1973 Vega
ESTATE STATION WAGON - Automatic - Green W/Wood Grain Trim - Luggage Rack

1971 Caprice
ESTATE STATION WAGON - Luggage Rack - Vinyl Trim - 3 Seats - Green W/Wood Grain

1970 Chevrolet
IMPALA - 2 Door Coupe - Vinyl Trim - Green Exterior - Green Vinyl Top

1974 Vega
G.T. - 4 Speed - Very Low Mileage - 1 Local Owner - Just Like New

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Mr. and Mrs. Elisha Ferguson

Celebrate 50th Wedding Anniversary

Mr. and Mrs. Elisha Ferguson of Route 3, Appomattox (Vera) celebrated their 50th Wedding Anniversary, Friday, January 21, 1977.

They were honored with a dinner at the Steer House in Lynchburg given by their children, Frances Harris, Erma and Nick Page, Bobby and Macky Lee Ferguson, Loyde and Dot Ferguson, and Oral and Christene Ferguson. Also David and Charlotte Page and Bucky and Mark Ferguson, four of their twenty-five grandchildren. Mr. and Mrs. Willie Bryant also attended.

They would like to thank everyone for the beautiful flowers, cards, money, gifts and a beautiful golden plaque.

Marinda Gay Lawson

Loretta Lynn Lettner

ACHS Students Selected To Attend Presidential Classroom In D.C.

Who really controls a government "of...by...and for the people"? Marinda Gay Lawson and Lorreta Lynn Lettner, students at Appomattox County High School in Appomattox will soon have an opportunity to find out by participating in Class Five of a Presiential Classroom for Young Americans, They and other selected high school students from throughout the country will meet in Washington, D. C. for a nontraditional, nonpartisan look at the Nation's political structure.

Marinda Gay Lawson is the daughter of Mr. and Mrs. Fred H. Lawson of Route 2 and Lorreta Lynn Lettner is the daughter of Mr. and Mrs. James L. Lettner, also of Route 2.

During a rigorous seven days of seminars and on-site briefings, February 26th to March 5th, Rinday Lawson and Loretta Lettner will study the major components of the Federal government --the Executive, Legislative and Judicial Branches--plus other institutions which have significant relationships with government, among them the Military, the news media, corporate management and organized labor. The curriculum will include both the structure of institutions and the decision-making process that, combined with political power, is responsible for the formation of public power.

Chartered in 1968 as a nonprofit, educational program, Presidential Classroom has provided more than 13,000 young people with firsthand exposure to prominent leaders and observers of the Federal government.

This direct exposure to the political process is not limited to high school students. Classroom officials recently announced plans for The Federal Forum, a government-study program designed especially for professionals and university students. Fully accredited on the graduate and undergraduate levels by the University of Virginia, the two-week summer Forum allows teachers, administrators representatives of the private and public sectors and university students to share their concerns and priorities with the current national leadership. Workshops and visits to sites of cultural interest complement the formal seminar schedule.

Presidential Classroom is a private organization whose educational activities are strictly nonpartisan; its programs cannot be used to influence government legislation or policies, nor to organize opinion on behalf of any governmental or private objective.

All six classes in the 1977 Senior High School Programs have been filled.

You can't lose weight by talking about it. You have to keep your mouth shut. Copied

Junior Woman's Club To Sponsor Paper Drive

The Appomattox Junior Woman's Club will sponsor a paper drive this spring.

Anyone having papers they would like to donate but do not have storage space may call Mrs. Ray Lewis at 352-7611 after 5 p.m.

ANNOUNCE BIRTH

Mr. and Mrs. Johnny Goin are proud to announce the birth of a daughter, Dana Michelle, born on January 13, 1977.

Paternal grandparents are Mr. and Mrs. John H. Goin and maternal grandparents are Mr. and Mrs. Alfred E. Marsh, all of Appomattox.

Con-Terra Woman's Club Meets

Mrs. Joseph Dutka, president of the Con-Terra Woman's Club presided at the recent meeting.

Con-Terra was recently host for the annual tea for the Campbell County Teachers Credit Union held in Rustburg. The proceeds will be donated to the Virginia Federation of Woman's Clubs special project, this year being the Cancer unit at University of Virginia.

Mrs. Melvin Giles, Chairman of the annual Arts & Crafts Show, reminded us of the up coming show in Rustburg, February 7th at the Central United Methodist Church. Also participating will be the Rustburg Woman's Club and the Rustburg High School Art Class. First, second and third place prizes from the two clubs will be awarded, along with the first, second, and third place ribbons that will go to the state judging. Please have your crafts at the church by 7:00.

Mrs. Dutka appointed the following committee to gather information for a club dance we are having in the near future. They are Mrs. Cecil Tate, Mrs. Melvin Giles, Mrs. Eddie Gunter & Mrs. Wiley Wartner. Time date, place and cost per couple will be announced at the next meeting.

Following the business portion of the meeting, Mrs. Dutka presented a program on Home Energy Conservation. Questionaires and phamplets were distributed and everyone urged to be as energy conscience as possible.

Our social Hour was highlighted by a surprise anniversary party for Mrs. Dutka. She has just celebrated her 25th wedding anniversary and the first member of our club to do so. Mrs. Kenneth McCullugh was our hostess for the evening, at her home on Kimball Road, Concord.

Mrs. Wiley Warnier,
Secretary

Wedding Date Set

The marriage of Miss Becky Ann Roach of Phenix to Mr. Steven Eugene Sones of Crewe will be an event of Saturday, January 29th at two o'clock in the afternoon in the Phenix Presbyterian Church, Phenix, Virginia.

Miss Roach is the daughter of Mr. and Mrs. Marshall Roach of Phenix. Mr. Sones is the son of Mr. and Mrs. Eugene Sones of Crewe, Virginia.

A preception will immediately follow the ceremony in the social hall of the church.

Although no invitations have been issued, friends and relatives of the couple are cordially invited to attend.

Society News

IF YOU HAVE SOCIAL ITEMS, PLEASE CALL 352-8215

Mrs. Lougenia P. Doss is spending several weeks in Arlington with her son-in-law and daughter, Mr. and Mrs. Eddie Barron.

* * *

Mr. and Mrs. "Red" Coleman, Mrs. Harry Johnson, Mrs. Calvin Robinson, Mrs. G. Lewis Doss and Mrs. Lloyd Hudson spent Sunday in Charlottesville They were joined by Mr. and Mrs. Bob Montgomery of Annandale for dinner.

* * *

The Rev. and Mrs. Bob Reese and family left Wednesday for Greenville, South Carolina where they will make their home. Rev. Reese, former Associate Pastor at Liberty Baptist Church in Appomattox, has accepted a call to become pastor at Mountain Spring Baptist Chruch near Greenville, South Carolina.

* * *

"Bubbie" Fraley of Randolph-Macon College, Ashland, Va. will arrive Friday afternoon for a 10 day break, and will be visiting his parents, Mr. and Mrs. Charles Fraley Jr. of Charles Drive.

* * *

E. W. Paulette and Miss Lora Chilton of Bluefield college in Bluefield, Virginia will arrive on Thursday to spend the week-end here with his mother, Mrs. Frances H. Paulette.

* * *

Mrs. G. William Rittenhouse and daughters Monika and Christina of Martinsville, Va. will arrive on Friday to spend the week-end here with her sister, Mrs. Frank Puryear and family.

* * *

The trouble with having a perfect wife is there's never any hope for improvement.

Copied

The Rev. and Mrs. Bob Reese and children, Bobby and Annette, were dinner guests Tuesday evening of Mrs. S. J. Evans.

* * *

Eddie Wooldridge is a patient in McGuire Veterans Hospital where he underwent surgery last week.

Primary School P-TA To Meet Jan. 31

The Appomattox Primary School P-TA will hold its third meeting of the 1976-77 school year on Thursday, January 31, 1977 at 7:30 P.M. at the school.

The program will consist of a panel discussion concerning current topics related to the school community. Topics include: "Programs offered at APS", "Evaluation of student programs" (to be lead by a APS teacher), "How is the School Board Policy determined and implemented?, "How is the School Board selected? (to be lead by a School Board member), "Types of Planning for continued improvement of Communications" (to be lead by School Superintendent and Principal), "What does a parent expect from the school?", "What do you (as a parent) propose to be more effective?" (to be lead by a parent), "Role of Teacher Aides" (to be lead by a teacher aide).

If you would like to participate in one of the panel discussions as an interested parent, please contact Mrs. Brenda Drinkard, President of the APS P-TA, or Mrs. Pat Torrence, Principal. Mrs. Drinkard's number is 352-7750 and the school number is 352-5766.

Note Burning Held At Appomattox Baptist Temple

December 26, 1976 was an exciting day at the Appomattox Baptist Temple. Five acres of land to build a new church had been purchased for the sum of $7,000.00 and seven months and two days later the note was paid off.

Those taking part in the note burning were Paul Nash, Jack Elswick, pastor, Bobby Ferguson, Dewey Woods and Gary Woods.

On the same Sunday, a Christmas offering was collected totaling $2,800.00.

The church is indeed grateful to each and everyone for their contributions and donations.

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Engagement is Announced

Mr. and Mrs. Francis Austin of Route 2, Concord have announced the engagement of their daughter, Debera, to Officer Jackie L. Robertson, son of Mrs. Mary Robertson of Pamplin.

Miss Austin is employed at Maudes Restaurant and Officer Robertson is employed with Powhatan Correctional Center in Richmond.

The wedding will take place February 25, 1977.

Baby Shower Given Sunday

Darlene Morrison of Nantucket, Mass. was honored Sunday after with a baby shower at the home of Mrs. J. A. Blazer.

Hostesses for the shower were Rosa Blazer, grandmother of the honoree, and Linda Martin, sister-in-law of Appomattox.

Guests attending the shower were friends and relatives.

Mrs. Morrison is the former Darlene Fay Martin, the daughter of Capt. Joel David and Inez Martin of Dogwood Circle, Appomattox.

Darlene and her husband, Tom are visiting her parents. They will return to Nantucket Island, Mass. this week.

JBS At Liberty

All-Age Bible Study Offered by Liberty Baptist Church. "Bible study is important for every age person," states Pastor Doyle Chauncey of Liberty Baptist Church. He further indicated, "Because we at Liberty Baptist Church believe this to be true, we are providing such an opportunity for the people of this community January 30- February 3." Study sessions for every age group will be offered each evening from 7 - 8:30 in the church educational facilities. The adults will meet in the church sanctuary, the pastor announces.

Doyle Chauncey will lead the adults in the Study of Romans. Jack Caldwell will lead the youth in the study of Romans. Mrs. S. B. Doss, Jr. will lead older children, 9-11 years old; Mrs. Estelle Lewis, Mrs. Kathryn Poole, and Mrs. Trudy Jarrell will lead the younger children, ages 6-8 years old; Preschoolers, age 4-5, will be led by Mrs. Linda Jo Mays and Miss Claudia Gordon and the nursery-age children will be led by Mrs. Thelma Hughes, Miss Patsy Hughes and Miss Doris Hughes.

Young Hearts Club To Meet Jan. 27

The Young Hearts Club will meet Thursday, January 27th at 10 a.m. at Memorial United Methodist Church with a covered dish luncheon at 1 p.m. Beverages will be furnished by the club.

We hope this will be a special meeting for all. Be sure to make an effort to come and have a good time with us.

Mrs. Helen Gunter

On Dean's List

Joan Coleman has been named to the Dean's List at the University of Virginia School of Nursing for the fall semester. Joan, a senior, is working toward a B.S. degree in nursing. She is the daughter of Mr. and Mrs. Kyle Coleman, of Rt. 2, Appomattox, Va.

We hate to have people give us advise when we know how badly they need it themselves.

Copied

MRS. BEN HENRY MAXWELL
the former Miss Ava Sue Thomas

Wed In Evening Ceremony

The marriage of Miss Ava Sue Thomas to Mr. Ben Henry Maxwell, took place Thursday, January 6, 1977 at 7 o'clock at the home of the bride.

The bride is the daughter of Mr. and Mrs. Lawton Murrel Thomas, Sr. of Appomattox.

The bridegroom is the son of Mr. and Mrs. Arlis Maxwell of Appomattox.

The Rev. Wilfred Elder officiated at the double ring ceremony. A program of nupital music was presented by Mrs. Cindy G. Thomas, soloist, sister-in-law of the bride, and Mrs. Charlene R. Lawson, soloist, and Miss Debbie Rush, pianist, all of Appomattox.

Escorted and given in marriage by her father, the bride wore a traditional wedding gown fashioned of candlelight ivory featuring a chiffon bodice overlay accented with pearls. The dress is designed with an Empire bodice, with a V neckline featuring a starburst of pearls. Her matching veil in fingertip length of silk illusion was attached with a satin ribbon and accented with pearls.

Miss Doris Hughes, of Appomattox was maid of honor. She wore a slipper length dress of mint green satin featuring an Empire bodice, V neckline and long cuffed sleeves. She carried one yellow mum with streamers.

Miss Eve Thomas, of Appomattox, sister of the bride, was junior bridesmaid. She also carried one yellow mum with streamers.

Mr. Dennis Jones, of Spout Spring, friend of the bridegroom was best man.

Mrs. Cindy G. Thomas served as mistress of ceremonies.

Following the ceremony a reception was given in the bride's home by her parents. Assisting with the reception included: Mrs. Rachel Stanley, aunt of the bride, Mrs. Donna Small and Miss Cindy Almond, cousins of the bride, all of Appomattox.

The bride is a senior at Appomattox County High School and employed by Farmers National Bank.

The bridegroom is a graduate of Appomattox County High School and is presently serving a tour of duty with the United States Army in Germany. The bride plans to join her husband in June.

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•WHEEL BALANCING
•TIRES

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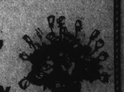

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